

Notes from the Board:

- We are needing to market our Cross-Country program-a great bargain for the fall, please spread the word!
- The board is still planning on some informative talks on upcoming Saturdays, following the work out. Suggested topics are: Bullying and Harassment, Athlete Nutrition, Concussion in Sport. If you have any topics to suggest please let us know.
- Contact the office if you can spare any time to help in getting our new Clubhouse in shape. There are tasks to be done to get the kitchen, bathroom, storage and utility rooms set up and workable.
- We have 2 new Board members coming on and will restructure accordingly.
- Julius and Trevor have just returned from the Legion Nationals where they supervised 6 of our athletes. We came away with 2 Gold Medals and 2 Silver Medals-*Congratulations to our athletes!*

Contact the office @ 416-258-2888

Athlete Profile: Ryder King

Ryder ended the season with a very impressive National Youth Championship in Sydney, Nova Scotia, coming away with **GOLD** in the 200 hurdles and **SILVER** in the 100 hurdles.



Coaches Corner: Kevin Greer

We are lucky to get Kevin on board to literally launch our pole vault program. He encouraged five athletes to give vaulting a try and two of those competed. Kevin will continue to run practices at Centennial thru the fall and then move indoors to the York Track Centre for the winter.

Volunteers of the Month: Camp Volunteers

Over the course of the summer we have had a lot of young people helping out at Summer Camp. We are so grateful for their energy and enthusiasm, that generated much positive feedback, and has allowed us to have another successful summer season-Thank You!



Policy Overview:

Policy Name: Concussions

Athletic activities involve risks and the danger of injury and accidents may occur sometimes without fault. The potential for harm from concussions is a serious matter so we will do our best to limit the potential harm, which could result from continued participation after such an injury.

This policy will apply to any member of Etobicoke Track and Field Clubs who experiences a potential head injury, which could lead to a concussion diagnosis.

For a copy of the full Policy-contact the office at 416-258-2888.

March Break in Alabama Training Camp:

A reminder that we have begun to organize the 2020 Camp.
Email Catherine at catherine.weber@primus.ca to be added to the email list for information updates.
<http://etobicoketrack.ca/march-break-camp/>

Parent Programs:

- 1) Please make the effort to join our Run/Walk program during your kid's practice time. Use your gift of "ME" time to get in some mileage or simply some steps. Contact Julius to register yourself as a casual member.
- 2) Those who might be want a more competitive challenge should join the Etobicoke Track Masters Program. Masters competitions have no entry standards and all levels and ages are welcome. Email Catherine @ Catherine.weber@primus.ca to join, or for more information visit www.ontariomasters.ca.

Volunteer Opportunities – Contact us @ 416-258-2888

Bingo volunteers are always needed! It requires you to attend a 1-hour training event (taking place the first Tuesday of each month), and then a small commitment over the year of 1 or 2 Bingo (2 hour) sessions only. We receive a nice boost in funds from the OLG-Bingo for our participation in this program.

A big THANKS to our Summer Camp Group-Great Job Guys!!

STAFF



Chiara Da Silva
Thyra Mbiro
Paloma De Monte
Erin Clarke
Hayley Manners
Tamara Rabeda
Joshua Owusu
Solomon Arase
Sophie Sun
Erik Johnson
Arjun Stenger




Elizabeth Dalton
Adam Matan
Mia Sarah Ines
Jushvina Mohan
Naveen Sharma
Tawsif Kamal
Jalaal Siddiqui
Jaeden Maryanayagam
Kristina Tchumak
Javon Sheriff
Simone Da Silva

Volunteers



Markus Grant
Seb Greer
Richard Jin
Rocky Johnson
Cameron Galloway
Ava Esposito

Audrey Kahn-Arevalo
Devon Clarke
Valerie Silmer
Claire Silmer
Jenna Dalrymple
And "a some others"



Inspiring Athletes to Achieve Their Personal Goals Within Our Supportive, All-inclusive Environment